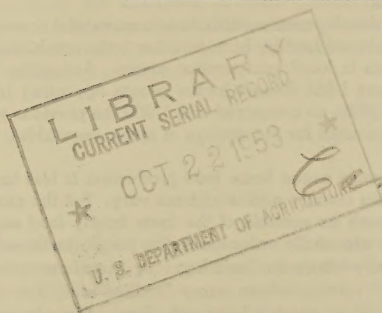


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# GROW YOUR OWN



**U.S. DEPARTMENT OF AGRICULTURE  
AGRICULTURAL ADJUSTMENT ADMINISTRATION**



## Better Home Living Means Better Production and Consumption

A family's basic needs have first claim on the farm income. And food is the first of all basic needs. If cash expenditures for food can be reduced by growing more of it at home, more money will be available to meet running expenses of the farm and to make a better home.

For farmers with low cash incomes, especially, the growing of as much of the family's food requirements as possible means an improvement in the standard of living. And for nearly all farmers, the production of the family's food means greater independence. But too many of those who would gain most from such home production have the least of it.

Meat, poultry, milk, butter, cheese, eggs, vegetables, and fruit—these are the makings of a good, satisfying food supply. The farm family that gathers around a dinner table loaded with such good things does not suffer from pellagra, scurvy, rickets, or other troubles caused by lack of proper food.

Much of this food can be made as available in winter as in summer because of the improved facilities for indoor and outdoor storage. Home canning is more efficient than ever before, and more economical.

An important development contributing to successful conservation of home-produced food by farm families is the establishment of storage lockers in local refrigeration plants. According to a survey, there were 1,861 freezer locker plants operating in 38 States on July 1, 1939, as compared with 1,269 the previous year. These lockers are used for the storage of meat, vegetables, and fruit.

Of course in some areas home food production is less important. This is a big country and conditions vary. But the plan of producing as much as possible of the farm family food supply right at home is especially valuable to the people in those sections of the country where the land has long been impoverished by a "one-crop" system, where many families must live on a little land, and where erosion has made heavy inroads on the soil.

Under the conservation program of the Agricultural Adjustment Administration farmers in these sections already receive help in the form of conservation payments for following practices which conserve the soil and work toward balanced cropping. In some areas the program gives special help to those who grow home gardens. AAA payments thus help many families to "grow their own." Hundreds of thousands of families who need home food production most are obtaining the help of the Farm Security Administration county supervisors in planning year-by-year a farming system which provides first of all for production of the family food.

Thus the various agricultural programs aim at improved living standards. For those farmers who do not produce on a commercial scale the programs seek first of all to make them as self-sufficient as possible. For this group most of the improvement in living standards must come from increased home production. Better living for them means better health and more opportunity to become efficient producers. By helping commercial farmers to increase the efficiency of their production, the programs enable these farmers to maintain better standards of living and to increase home production, so that they have more money to buy industrial products.

*W. M. E. Evans*  
Administrator.

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"There is a point of balance . . . where the welfare of both the farmer and the consumer is best served. And it is that point of balance that we are working toward. That is what the agricultural adjustment program is all about."

—Secretary of Agriculture Henry A. Wallace.







## **Producer-Consumer Leaflets**

This is the ninth in a series of 12 leaflets dealing with the various ways in which the problems of farmers and city people are related. The following is the complete list of leaflets in the series:

- PC-1 And So They Meet.**—Farmers and city people: Both producers—both consumers.
- PC-2 The Things We Want.**—Making abundance work for all our people.
- PC-3 On Tired Soil.**—Poor soil means poor people on the farms and in the cities.
- PC-4 Two Families—One Farm.**—Stable tenure means better producers and better consumers.
- PC-5 To Buy Abundantly.**—Producers of abundance deserve to be consumers of abundance.
- PC-6 Plenty.**—Avoiding the scarcity of famine and overabundance.
- PC-7 Between You And Me.**—The distributor's place in production and consumption.
- PC-8 None Shall Go Hungry.**—Making abundance work for low-income families.
- PC-9 Grow Your Own.**—Better home living means better production and consumption.
- PC-10 The Magic Carpet.**—Protection for grassland is protection for cities.
- PC-11 The Farm Home And AAA.**—Better farm income means better farm homes.
- PC-12 Country Life And AAA.**—A permanent security for farm and city.

Copies of this leaflet and others in this series may be obtained upon request from the Agricultural Adjustment Administration, U. S. Department of Agriculture, Washington, D. C.

## **Reference Suggestions**

The material in this leaflet is based on facts presented in various governmental studies and publications, including:

- "The Outlook for Farm Family Living in 1940."—MP—No. 377, U. S. Department of Agriculture.
- "Charting the Course for Cotton."—G-78, Agricultural Adjustment Administration, U. S. Department of Agriculture.
- "Factors in Rural Poverty."—Report of the Secretary of Agriculture, 1938, pages 60-63. U. S. Department of Agriculture.